



It's good to be back.



Chaz

 **cvillette**

<https://cvillette.livejournal.com/2007-10-06> 15:00:00

MUSIC: Kay Starr & the Billy Butterfield Quintet -- The Headless Horseman

And I was doing really well on the intake of fats front until

 **trollcatz** (<https://trollcatz.livejournal.com/>) came up with the lunch plan.


Let's go where there's fish and chips! (<https://www.livejournal.com/away?to=http%3A//fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D6>)

It's like sushi and wasabi--that stuff is a delivery system for malt vinegar and salt. Yum.

Somebody redesigned the red route at the gym, and It. Is. Hard.

Reminder to self: ibuprofen before bed, or you'll be gimped tomorrow.

Which would suck, since

 **Ometotchtli** (<https://Ometotchtli.livejournal.com/>) is going to improve my hand-eye coordination tomorrow. (She's going to try, anyway...)



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house,


Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah,

Poppets. Puppets. Poppet puppets. Scary.

9 comments



 **trollcatz**

[October 7 2007, 01:25:55 UTC](#)

[COLLAPSE](#)

And a big bowl of pasta before bed, yas?



 **cvillette**

[October 7 2007, 01:43:03 UTC](#)

[COLLAPSE](#)


There's this thing Lau told me about, from a restaurant she likes in...Tarzana? Maybe I just think it's Tarzana because, you know, I always want an excuse to write "Tarzana."

Anyway, it's pasta, with olive oil and broccoli pieces, and A FREAKIN' UNBELIEVABLE AMOUNT OF GARLIC. And that's

all. Lau says the original has so much garlic in it it burns.

I figure I'll start with way too much garlic and cut back in subsequent attempts.




 [trollcatz](#)

[October 7 2007, 02:34:58 UTC](#) [COLLAPSE](#)

Lau is wise.



 [cvillette](#)

[October 7 2007, 03:32:36 UTC](#) [COLLAPSE](#)

OMG I'm going to smell so much of garlic tomorrow you guys will be able to find me IN THE DARK.

(The Puerto Rican bread pudding turned out to be really good. You shoulda got some!)




 [cvillette](#)

[October 7 2007, 03:35:25 UTC](#) [COLLAPSE](#)

(And no, you can't have the second container, 'cause I promised to bring it to O tomorrow for her breakfast.)



 [trollcatz](#)

[October 7 2007, 03:47:07 UTC](#) [COLLAPSE](#)

It's okay. If I ate like that, I would never get up another wall.




 [cvillette](#)

[October 7 2007, 04:01:50 UTC](#) [COLLAPSE](#)

That would bite. You're getting very spidery (compliment!). Good crimps today--X grip strength.



 [trollcatz](#)

[October 7 2007, 04:14:26 UTC](#) [COLLAPSE](#)

Wooo! Thank you.

I envy the ten foot arms, you know.



 [cvillette](#)

[October 7 2007, 15:43:59 UTC](#) [COLLAPSE](#)

Hah! If you've got 10, you always need 10.5. Trust me on this.